

3. POSTPARTUM BLISS PACKAGE

Focused on your transition to parenthood, this package provides essential care and support during your fourth trimester, allowing you to feel nurtured and confident.

- **One in-home 2-hour postpartum planning session**

Together we'll create a personalised support plan for your postpartum period. I'll guide you through setting up your sanctuary before you step into your postpartum portal (usually around 30 weeks)

- **Regular check-ins** during pregnancy and ongoing emotional support via email and phone postpartum.

- **A one-week postpartum care package door drop** to nourish and support you in the early days.

- **9 hours of in-home postpartum support**, divided into THREE 3-hour visits

- **Meals Provided for Each Session:** Lunch during the session, a weeknight dinner, baked snacks, and two single-serve breakfasts.

- **Customisable support** to meet your specific postpartum needs.

- **Access to a personalised lending library** with books and a local resource list for additional support.

Price: \$1000

a Doula's Touch